



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

HEALTHY & HAPPY FOR LIFE

**Programs And Services for Jan-May 2012
CEDAR RAPIDS METRO YMCA**

COMMUNITY

To be part of

MEMBERSHIP

Your YMCA membership is good at all Cedar Rapids Metro YMCA branches. Your membership may be used for member services of program registration at member rates. A membership card is issued to every member 3 years old or older. The YMCA requires that all children under the age of 10 have adult supervision or a responsible person of at least 14 years of age at all times. Rates and schedules subject to change. Membership ID Key Tag is required for admittance to facility.

ANNUAL MEMBERSHIP

- Paid annually by cash, check, VISA or Mastercard.
- Must be renewed annually.
- All membership fees are non-refundable and non-transferable.
- No Joiner's Fee on Annual Memberships.

CONTINUOUS MEMBERSHIP

- Payments through automatic bank draft.
- Bank Draft occurs on the 5th of the month.
- Cancellation requires written notice by the 26th of the month to avoid money being taken out of your account on the 5th.
- Cancellations are not accepted by phone or email. Cancellation form must be filled out in person.
- If membership lapses, join fee must be paid again.
- All membership fees are non-refundable and non-transferable.

INCOME BASED MEMBERSHIP

The YMCA strives to serve everyone in our community, regardless of income. If your household income is under \$60,000 or individually under \$45,000, please ask about our Income Based Membership Pricing Program.

MEMBER HANDBOOK

For more information about the YMCA, our rules and/or policies, please consult our Member Benefits, Guidelines and Services Handbook, available online at www.crmetroymca.org. Or give us a call! We're happy to provide you with the information you need to make your visit to the YMCA as comfortable and fulfilling as possible.

YMCA CORPORATE MEMBERSHIP

Corporate savings are available for any company that has at least 4 employees join the YMCA of the Cedar Rapids Metropolitan Area. Participating companies must designate a volunteer who is a YMCA member to serve as a contact to the YMCA. For more information on new Corporate Membership visit our website at www.crmetroymca.org or call Todd Michael Hirst at 31.366.6421 x 302

GUEST POLICY

- Guests visiting the YMCA will be charged a Guest Fee as follows:
 - \$5/visit/youth
 - \$10/visit/adult (ages 19 and older)
 - \$15/visit/family (1-2 adults & legal dependents)
- Guests MUST show ID
- Guest must complete a Guest Card and have a photo taken for the YMCA files.
- Guests may only visit three times in a calendar year
- Due to heavy member usage, guests and those under the age of 18 not admitted Mon-Fri, 11:30 am – 1:30 pm at the Helen G Nassif Branch only.

Any exceptions to the above guest policy must be made in advance by the Branch Executive.

BRANCH INFORMATION

BRANCH HOURS

Helen G. Nassif YMCA

Monday – Thursday 5:00 a.m. – 10:00 p.m.*

*After 9:00 p.m., open to ages 18 and older ONLY

**11:30-1:30 open to ages 18 and older ONLY at HGN Branch

Friday 5:00 a.m. – 9:00 p.m.

Saturday 7:00 a.m. – 6:00 p.m.

Sunday Noon – 5:00 p.m.

Marion and Stoney Point YMCA

Monday – Friday 5:30 a.m. – 9 p.m.

Saturday 7 a.m. – 4 p.m.

Sunday Noon – 4:00 p.m.

Marion Independent School District Fitness Center*

675 S 15th St, Marion

Visit our new **Wellness Center only** site. Your YMCA membership allows you use of this facility as well as all 3 other YMCA branches.

Monday – Thursday 3–8 p.m.

Saturday 8–11 p.m.

Sunday 12–4 p.m.

*MISD only Memberships are available.

BRANCH HOLIDAY HOURS

The YMCA branches will be open on a limited schedule or closed on the following holidays to allow staff to spend time with their families:

Christmas Eve 7 a.m.–Noon

Christmas CLOSED

New Year's Eve 7 a.m.–5 p.m.

New Year's Day Noon – 5 p.m.

Easter CLOSED

Memorial Day CLOSED

CHILD WATCH

Want to work out but can't find a babysitter? Each branch offers a Babysitting Service to children 6 months to 11 years of age. Parent/Adult guardian MUST remain in facility. This service is for families who are using the facility and/or participating in YMCA programs during the time the child is in our care. FREE to members and \$3/hour/child for Community Members. Please do not send/bring food or drink to the Childwatch with your child.

Helen G Nassif YMCA

Monday – Thursday 9 a.m. – 1:30 p.m.; 4 – 8 p.m.

Friday 9 a.m. – 1:30 p.m.; 4 – 7 p.m.

Saturday 9 a.m. – Noon

Marion YMCA

Monday – Friday 8 a.m. – Noon

Monday – Thursday 4 p.m. – 8 p.m.

Saturday 8 a.m. – Noon

Stoney Point YMCA

Monday – Friday 9 a.m. – Noon

Monday – Thursday 4 – 8 p.m.

*Note: YMCA staff reserve the right to close 30 minutes before closing time during any of the above shifts if no families are using the service.

COMMUNITY

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GENERAL INFORMATION

The following information is not meant to be a full listing of YMCA information, policies and/or rules. For more information, please consult the Member Information Handbook, available online at www.crmetroymca.org.

CLASS/PROGRAM CANCELLATIONS

The YMCA reserves the right to cancel classes due to low enrollment. Registrants will be informed if a class is canceled.

PROGRAM CREDIT

If the YMCA cancels a class, registrants will receive a full credit. Should a registrant cancel prior to the first class, a full program credit will be provided. If a monetary refund is needed, a \$5 service fee will be incurred. No credit will be given after the first class.

AWAY PROGRAM

Our YMCA participates in the AWAY (Always Welcome at YMCAs) program. We welcome AWAY member guests to use our facilities free 12 times per calendar year. After the 12th visit, half the regular guest fee will be assessed. AWAY member guests may not bring guests or register for programs. Our members who are traveling can find which YMCAs participate in the AWAY program by going to www.ymca.net and clicking on "Find Your Y." Or call 1.888.333.9622.

CELL PHONE

All cell phone usage is restricted to the front lobby at each branch.

BIRTHDAY PARTIES/ROOM RENTALS

The YMCA is a great place for birthdays! Our birthday party package includes a party room, open swim and open gym (if available) for up to 15 people. The cost is \$75/three hours. The YMCA is also available for meeting room rentals, whole facility rentals and overnight rentals. For more information call the YMCA branch of your choice.

LOCKERS

Lockers are available for per-visit use at each branch. Simply bring your own lock, lock up your belongings and then take it with you when you leave. Additionally, lockers may be rented in the men's/women's locker rooms for \$60/year at the Helen G Nassif and Marion YMCAs. Ask at the Welcome Center for more information. Please be sure to lock your locker when using our facilities. The YMCA is not responsible for damaged, lost or stolen items.

TOWELS

The YMCA has a free towel service. However, to save energy, please limit towel usage to two or less per visit.

INCLEMENT WEATHER

For weather-related closings/cancellations, check our website at www.crmetroymca.org. Also, check local TV/Radio. When in doubt, please call ahead to make sure the YMCA is open and/or your program/class is still on. School Age program participants should call their Site Coordinator if uncertain.

Lightning: In the event of lightning, our pools close.

School Age Child Care Program policies

Early School Dismissals/School Cancellations: School Age Child Care programs will attempt to continue as usual. However, if conditions are dangerous, Program Staff may cancel on early dismissals but will attempt to provide care only if the staff can safely arrive. Closings will be posted on KCRG.com and www.crmetroymca.org.

School Delays: Classes/programs will be held as scheduled. School Age programs will remain open until school starts.

YMCA GENERAL AGE REQUIREMENTS

The YMCA's age requirements have been developed with safety and the core values of Caring, Honesty, Respect and Responsibility in mind.

Please Note: This is a general guideline. The YMCA reserves the right to make adjustments as needed and to determine what "responsible" behaviors are for supervisors of young children.

General Building

- Children must be 10 years old and older to be in the building without the direct supervision of a parent or a responsible person of at least 14 years of age.
- Children ages 6, 7, 8 and 9 must either be under the direct supervision of a parent or a responsible person of at least 14 years of age OR be enrolled and participating in a YMCA program at that time.
- Guests and those under the age of 18 not admitted Mon-Fri, 11:30am-1:30pm at the Helen G Nassif YMCA only.
- Children ages 5 years and younger must be accompanied by and constantly supervised by an adult of at least 18 years of age OR be enrolled in and participating in a YMCA program.

See Member Benefits, Guidelines and Services Handbook, which can be found at www.crmetroymca.org, for more age specifications for all areas of the building.



**SCHEDULES &
PROGRAM DESCRIPTIONS
ONLINE!**

www.crmetroymca.org

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Nurturing the potential of every child and teen.

CHILD CARE

SCHOOL AGE DAY CAMP

The YMCA of the Cedar Rapids Metropolitan Area's Summer Day Camp program provides children who have completed K-12 with summer adventures that promote healthy body, mind, and spirit. Activities include; recreational swimming, crafts, sports, outdoor education, special programming and weekly field trips. Breakfast, afternoon snack, camp T-shirt and field trips are included in the weekly fee. A completed registration form along with the registration fee is required.

Registration Fee: \$63 (Swim Pass)

Deposit: Payment for the first week. Spots will be reserved in this order:

1. School Year Option 1 participants.
2. Participants who register will be placed in date order according to the receipt of completed forms, registration fees, and deposit.

Day Camp Sites, Dates and Time: 6:30 a.m.-6 p.m.

Echo Hill-6.4.12-8.10.12

Truman & Van Buren-6.11.12-8.17.12

Summer Day Camp Payment Options

Full Summer

Member - \$135/week Community Member - \$155/week

Summer Select/choose weeks to attend

Member - \$150/week Community Member - \$170/week

SCHOOL AGE CHILD CARE

The YMCA Before & After School program is designed to activate your child's imagination & encourage lifelong values of Caring, Honesty, Respect and Responsibility. A dedicated & well-trained staff plans diverse activities ranging from team sports to community service projects. Children have the opportunity to provide input into the program, too! Consider the Before & After School program. We keep them busy & pique their creativity. **NOTE:** Minimum number of registrants for program to run.

Locations and Times

Echo Hill in Marion 6:30 a.m.-6 p.m.

Truman & Van Buren in Cedar Rapids 6:30 a.m.-6 p.m.

Child Care Payment Options

Option 1 - Year Round (No longer available)

Option 2 - Before & After School/in-service/early release days

No extra fees will be charged during the school year. One week of "vacation" from your payment is allowed with written two-week notice.

Cost: Member - \$250/mon Community Member - \$270/mon

Option 3- Before & After School Only

Any full day programming/early release/late starts are NOT included.

Care on these days may be available at drop-in rate.

Cost: Member - \$210 per month

Community Member - \$230 per month

Option 4- Before School Only (includes any late starts)

or After School Only (includes early release days)

Cost: Member - \$160/mon Community Member - \$180/mon

Option 5- Drop In/Emergency Care * (requires pre-registration)

Not to exceed 10 occurrences per month. This option is not intended for regular attendance. * Available only if site is not at full capacity.

Cost: Member or Community Member

\$40 for a full day

\$20 for 6am-12 noon or noon-6 p.m.

\$15 Before School or After School

NOTE: For those needing financial assistance, resources are available until such time those resources run out. Contact the Child Care Services Director at 366-6421 ext. 102 for more information or to register.

SWIM, SPORTS, PLAY

YOUTH CHEERLEADING

YMCA emphasizes the fundamentals of cheerleading in a non-competitive setting. Participants will learn age-appropriate cheers and routines. We will be cheering for our YMCA youth basketball games. More information to be given at practice.

Ages: 2nd-5th graders

Where: Stoney Point Studio

Day and Time: Practice on Mondays at 4:30p.m.

Cheering and Performing for Games on Friday nights at 6:30p.m.

Session Dates: 1.16.12-3.09.12

Register by: 12.26.11

Cost*: Member-\$35 Community Member-\$70

Cost includes uniforms. Sizes will be collected on first day of practice

Contact: Sarah Hoeger and/or Kerry Kilker 366.6421

YOUTH GYMNASTICS

This 6-week program is for 3-5 year olds with little or no gymnastic experience. Courses teach basic motor movement, body shapes and gymnastic skills in a fun, safe and progressive manner. Staff from CRAG Gymnastics instructs all classes. A minimum of 5 kids are needed to hold class. Classes run during regular YMCA swim session dates which can be found on page 7.

Marion YMCA

Day and Time: Wed 9:30 a.m. - 10 a.m.*

Cost: Member - \$32 Community Member - \$64

*No April Session

MIGHTY MITES

This program introduces a variety of sports and allows kids to interact with others. Parent/Guardian may watch or join in the fun. This class meets once per week at Stoney Point.

Ages: 3 1/2-5 year olds

Where: Stoney Point YMCA

Day and Time: Tuesdays, 9:30 a.m.-10:15 a.m.

Session Dates: Session 1: 1.10.12-2.14.12

Session 2: 2.28.12-4.3.12

Session 3: 4.17.12-5.22.12

Register by: Session 1: 12.26.11

Session 2: 1.20.12

Session 3: 4.09.12

Cost: Member-\$22 Community Member-\$55

KINDERGARTEN BASKETBALL

This program introduces kindergartners to the basic fundamentals of basketball in an environment that encourages fun! Choose HGN, Marion or Stoney Point location. This sign up is for those who did not choose "BOTH" when signing up for the 1st session or did not play in the 1st session.

Ages: AK/Kindergarten

Where: Helen G Nassif, Marion or Stoney Point YMCAs

Day and Time: Tue/Thu from 5:30-6:15pm at chosen location

Session: 1.31.12-3.08.12

Register by: 1.09.12

Cost: Member-\$24 Community Member-\$58

To register for any SWIM, SPORTS, PLAY program, go to our online registration at crmetroymca.org or visit any YMCA branch.

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BOYS AND GIRLS BASKETBALL TEAM LEAGUE

This program is designed for girls and boys in 3rd/4th grade. Rules are designed to accommodate players at a more advanced skill level and enhance learning of the game. Teams play six games at the YMCA on Fridays/Saturdays. Coaches must provide a complete team roster and pay the \$225.00 fee at the time of registration. Teams provide their own uniforms, equipment and practice sites. Referees stress sportsmanship and fun! 10-player limit per team. All teams are welcome! Not a co-ed league.

Ages: 3rd/4th graders
Where: Helen G Nassif, Marion or Stoney Point YMCAs
Day and Time: Friday/Saturday
Session: 2.03.12-3.10.12
Games begin: 2.03.12
Register by: 12.26.11
Cost: \$225

YOUTH BASKETBALL

Volunteer coaches teach basic fundamentals, teamwork, stress sportsmanship and keep the games FUN! Teams practice once a week at area schools. Games will be played on Friday evenings/Saturday mornings at any of the YMCA branches. All participants are divided according to grades.

Ages: 1st-6th graders
Where: Helen G Nassif, Marion or Stoney Point YMCAs
Day and Time: Games Fri evening and/or Sat morning
Session: 1.16.12-3.10.12
New Coach Meeting: 1.10.12
Games begin: 2.03.12
Register by: 12.26.11
Cost: Member-\$32 Community Member-\$80

YOUTH VOLLEYBALL

The YMCA's youth volleyball program teaches the basic fundamentals and rules of volleyball.

Ages: 3rd - 6th graders
Where: Helen G Nassif, Marion or Stoney Point YMCAs
Day and Time: Mon/Wed from 5-6 p.m.
Session : 1.30.12-3.07.12
Register by: 1.09.12
Cost/Session: Member-\$32 Community Member-\$80

YOUTH SOCCER

Girls and boys have separate leagues. Practices are once a week at locations chosen by volunteer coaches. Games are played on Saturday mornings at various locations. If you registered for "BOTH" sessions in Fall 2011 you do not have to re-register. This sign up is for those who did not choose "BOTH" in Fall 2011 or did not play in Fall league.

Ages: AK/K - 7th graders for girls
AK/K - 5th graders for boys
Where: Helen G Nassif, Marion or Stoney Point YMCAs
Day and Time: Practice determined by coach
Session : 3.26.12-5.19.12
Games Begin: 4.14.12
Register by: 3.12.12
Cost/Session: Member-\$34 Community Member-\$85

INSTRUCTIONAL SOCCER

Program is designed to introduce children to the basic fundamentals and rules of soccer as well as improve social interaction with peers. Volunteer coaches will hold practices/games at Stoney Point, Marion or Garfield location.

Ages: 4-5 year olds
Where: Marion or Stoney Point YMCAs or Garfield
Day and Time: Mon/Wed from 5:30-6:15 p.m.
Session : 4.16.12-5.23.12
Register by: 4.02.12
Cost/Session: Member-\$25 Community Member-\$60

YOUTH TRACK

Designed for students that like to run and have fun. Practice on Tuesday at chosen location and meets on Saturday.

Ages: K-6th graders
Where: Franklin, Marion H.S. or Taft
Day: Tuesdays
Session : 4.17.12-5.22.12
Register by: 4.09.12
Cost/Session: Member-\$30 Community Member-\$80

T-BALL/BASEBALL/SOFTBALL

Designed to teach such basic skills as throwing, catching, hitting, base running and game rules. Players will play a variety of positions. The emphasis is on sportsmanship, teamwork and FUN! Players will be assigned to teams and will practice and/or play games once or twice per week. Practice locations and times are chosen by volunteer coaches. Games will be played at Arthur Elementary School, Stoney Point YMCA or Marion YMCA's. All participants are divided according to grades.

Ages: T-ball - AK/K Baseball/Softball - 1st-7th graders
Where: Arthur, Stoney Point or Marion YMCAs
Day and Time: Practice locations and times are chosen by volunteer coaches and will be communicated to parents.
Session: 5.21.12-7.20.12
Games Begin: Week of 6.04.12
Register by: 5.07.12
Cost/Session: Member-\$35 Community Member-\$80

DISC GOLF

Learn the fundamentals of disc golf, a low-impact, outdoor activity that can be played nationwide. This program is for anyone over the age of 8 - sign up with a friend or family member, (as a pair) for a discounted price and both can enjoy the fun!

Ages: 8 years and older
Where: Stoney Point YMCA
Day and Time: Mondays from 6pm-7:30 p.m.
Mon/Wed 6:30-7:15 p.m.
Session: 5.14.12-6.25.12
Games Begin: 6.18.12
Register by: 5.7.12
Cost: Member Single-\$30 Member Pair-\$20
Community Member Single-\$30
Community Member Pair-\$40

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MIGHTY SLUGGERS

Program focuses on teaching the fundamentals of baseball to 4 and 5 year olds. Mighty Sluggers meets on Mon/Wed and participants need to pick location and time they want when registering.

Ages: 4-5 year olds
Where: Arthur, Stoney Point or Marion YMCAs
Day and Time: Mon/Wed 5:30-6:15 p.m. or
Mon/Wed 6:30-7:15 p.m.
Session: 6.04.12-7.18.12
Games Begin: 6.18.12
Register by: 5.21.12
Cost/Session: Member-\$30 Community Member-\$60

MARION YMCA PRESCHOOL PLAYTIME

This class will provide a variety of physical activity for children ages 3-5 to enjoy movement, play and meet new friends. We will learn games, songs and use different equipment to keep moving and having fun.

Ages: 3-5
Dates: Tuesdays, 9:15 a.m. - 9:45 a.m.
Cost: Member-\$22 Community Member-\$55

SWIM LESSON DESCRIPTIONS

The prerequisites indicate what the child is expected to do prior to the class in which they will be participating. Listed below are some of the skills and activities the child will be working on in that level. Please remember children need to wear swim-type diapers if not potty-trained.

Swimming Lesson Registration Procedure

In an effort to make registering for swim lessons more convenient for YOU, we have restructured the way members and Community Members register for classes. You can register online or in any branch for these classes now. However, if you or your child is currently enrolled in lessons, you will want to wait to make sure they pass to the next level before registering. **Please note:** Actual class offerings may be adjusted to reflect enrollment needs or trends. If currently enrolled, please wait to register until receiving your progress report. For more information, please contact the Aquatics Director at your branch of choice.

PARENT/GUARDIAN – CHILD LESSONS

30 minute classes (ages 6 mon-3 yrs)

Parent/Adult guardian and children are in the pool together. Children work on water acclimation and gain physical and social development through games and activities in the pool. Basic arm and leg movements, floating, blowing bubbles and pool safety are areas covered. Children need to wear swim-type diapers (not regular disposable diapers) available at many stores selling baby care items.

PRESCHOOL LESSONS

30 minute classes (ages 3-5yrs)

PERCH No swim skills

Prerequisites-Must be at least 2 1/2 years but no more than 4 years old.
Skills/Activities-Transitional and introductory level. Parent involvement will be required at the beginning of session and become less as child gets more acclimated to working independently with an instructor

PIKE Beginning swim skills (ARC PSA Level 1)

PREREQUISITES-Must be at least 3 years old. No swimming skills, potty-trained, comfortable without parent.

Skills/Activities-Water adjustment and comfort with submerging face, front and back float with IFD, front paddle, back paddle and side paddle (all strokes 10 yds with IFD and 5 ft without IFD).

EEL Advanced beginning swim skills (ARC PSA Level 1)

Prerequisites-Pike Skills

Skills/Activities-Front and back float, jump into shallow water, front paddle, back paddle and side paddle strokes (all strokes 25 yds with IFD and 15 ft without IFD).

Next Level based on Instructor's Recommendation: Eel, Ray or Polliwog if 6 years old.

RAY Intermediate swim skills (ARC PSA Level 2)

Prerequisites-Eel skills

Skills/Activities-Front and back float, tread water, jump into deep water, front alternating paddle, front symmetrical paddle, back alternating paddle, back symmetrical paddle, side paddle strokes (all strokes 25 yds with IFD or 20 ft without IFD)

Next Level based on Instructor's Recommendation: Ray, Starfish or Guppy if 6 years old.

STARFISH Advanced swim skills (ARC PSA Level 3)

Prerequisites-Ray skills

Skills/Activities-Front and back float, tread water, jump into water from height, front alternating paddle, front symmetrical paddle, back alternating paddle, back symmetrical paddle, side paddle strokes. (all strokes 25 yds with IFD and 40 ft without IFD).

*Next level based on Instructor's recommendation: Starfish or Guppy, Minnow if 6 years old.

YOUTH LESSONS

45 minute classes (6 yrs and older)

POLLIWOG Beginning swim skills (ARC LTS Level 1 and 2)

Prerequisites-Must be at least 6 yrs old; no swim skills necessary.

Skills/Activities-Water adjustment and feel comfortable submerging face, front and back float with IFD, front paddle, back paddle and side paddle (all strokes 10 yds with IFD and 5 ft without IFD).

Next Level based on Instructor's Recommendation: Polliwog or Guppy

GUPPY Advanced beginning swim skills (ARC LTS Level 3)

Prerequisites-Polliwog skills

Skills/Activities-Front and back float, tread water, jump into deep water, front alternating paddle, front symmetrical paddle, back alternating paddle, back symmetrical paddle, side paddle strokes (all strokes 25 yds).

Next Level based on Instructor's Recommendation: Guppy or Minnow

MINNOW Intermediate swim skills (ARC LTS Level 4)

Prerequisites-Guppy skills

Skills/Activities-Resting float, tread water for 1 minute, confident in deep water, front and back alternating stroke with overarm recovery, rotary breathing, rudimentary breaststroke, side stroke, elementary backstroke (all strokes 25 yds).

Next Level based on Instructor's Recommendation: Minnow or Fish

FISH Advanced swim skills (ARC LTS Level 5)

Prerequisites-Minnow skills

Skills/Activities-Front crawl, back crawl, breaststroke, elementary backstroke, side stroke (all strokes 50 yds), rudimentary butterfly 25 yds with fins and 15 ft without. Tread water for 2 minutes.

Next Level based on Instructor's Recommendation: Fish, Flying Fish or Swim Team

FIND OUT MORE...
visit www.crmetroyymca.org

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FLYING FISH Advanced swim skills (ARC LTS Level 6)

Prerequisites–Fish skills

Skills Activities–Front crawl, back crawl, breaststroke, elementary backstroke, side stroke (all strokes 100 yds), rudimentary butterfly 25 yds. Tread water for 6 minutes. Flip turns.

Next Level based on Instructor’s Recommendation: Flying Fish, Shark or Swim Team

SHARK Advanced swim skills

Prerequisites–Flying Fish skills

Skills Activities–Front crawl, back crawl, breaststroke, elementary backstroke, side stroke (all strokes 100 yds), rudimentary butterfly 25 yds. Flip turns, 200 yds individual medley (butterfly, backstroke, breaststroke and freestyle with starts and flip turns).

ARC = American Red Cross IFD = Instructional Flotation Device

SWIMMING LESSONS

Preschool Six Week Sessions–30 Minute Classes

Note: Consistency of instructor assignments is not guaranteed.

Session 1: Starts week of Jan 2. Ends week ending Feb 11.

Session 2: Starts week of Feb 20. Ends week ending March 31.

Session 3: Starts week of Apr 9. Ends week ending May 19.

Cost: Member–\$24 one class/week \$48 two classes/week

Community Member–\$58 one class/week \$116 two classes/week

YMCA Site	Class	Day/s	Time
Helen G Nassif	Parent/Child	Sat	9 a.m.
Helen G Nassif	Parent/Child	Sat	9:45 a.m.
Marion	Parent/Child	Mon	6:30 p.m.
Marion	Parent/Child	Tue	10:00 a.m.
Marion	Parent/Child	Thu	4 p.m.
Marion	Parent/Child	Fri	6:15 p.m.
Marion	Parent/Child	Sat	9 :00 a.m.
Stoney Point	Parent/Child	Tue	5:40 p.m.
Stoney Point	Parent/Child	Thu	5:40 p.m.
Stoney Point	Parent/Child	Sat	9 a.m.
YMCA Site	Class	Day/s	Time
Marion	Perch	Mon	11:10 a.m.
Marion	Perch	Mon/Wed	4:40 p.m.
Marion	Perch	Mon/wed	6:00 p.m.
Marion	Perch	Tue/Thu	11.10 a.m.
Marion	Perch	Tue/Thu	5:20 p.m.
Marion	Perch	Sat	10:20 a.m.
Stoney Point	Perch	Mon	5 p.m.
Stoney Point	Perch	Wed	5:40 p.m.
Stoney Point	Perch	Sat	9:40 a.m.
Helen G Nassif	Pike	Tue/Thu	5 p.m.
Helen G Nassif	Pike	Tue/Thu	5:45 p.m.
Helen G Nassif	Pike	Sat	10:30 a.m.
Helen G Nassif	Pike	Sat	11:15 a.m.
Marion	Pike	Mon/Wed	10:00 a.m.
Marion	Pike	Mon/Wed	10:35 a.m.

Marion	Pike	Mon/Wed	4:00 p.m.
Marion	Pike	Mon/Wed	5:20 p.m.
Marion	Pike	Tue	4:00 p.m.
Marion	Pike	Wed	6:30 p.m.
Marion	Pike	Tue/Thu	10:35 a.m.
Marion	Pike	Tue/Thu	11:10 a.m.
Marion	Pike	Tue/Thu	4:40 p.m.
Marion	Pike	Tue/Thu	6:15 p.m.
Marion	Pike	Sat	9:40 a.m.
Marion	Pike	Sat	10:20 a.m.
Marion	Pike	Sat	11:00 a.m.
Stoney Point	Pike	Mon	9 a.m.
Stoney Point	Pike	Mon	5:40 p.m.
Stoney Point	Pike	Tue	6:20 p.m.
Stoney Point	Pike	Wed	9 a.m.
Stoney Point	Pike	Wed	5 p.m.
Stoney Point	Pike	Thu	5 p.m.
Stoney Point	Pike	Sat	9:40 a.m.
Stoney Point	Pike	Sat	10:20 a.m.
Stoney Point	Pike	Sat	11:40 a.m.
Helen G Nassif	Eel	Tue/Thu	5 p.m.
Helen G Nassif	Eel	Tue/Thu	5:45 p.m.
Helen G Nassif	Eel	Sat	10:30 a.m.
Helen G Nassif	Eel	Sat	11:15 a.m.
Marion	Eel	Mon/Wed	10:35 a.m.
Marion	Eel	Mon/Wed	4 p.m.
Marion	Eel	Mon/Wed	4:40 p.m.
Marion	Eel	Mon/Wed	5:20 p.m.
Marion	Eel	Tue/Thu	10:00a.m.
Marion	Eel	Tue/Thu	4 p.m.
Marion	Eel	Tue/Thu	4:40 p.m.
Marion	Eel	Tue/Thu	5:20 p.m.
Marion	Eel	Sat	9:00 a.m.
Marion	Eel	Sat	9:40 a.m.
Marion	Eel	Sat	11 a.m.
Stoney Point	Eel	Mon	9:30 a.m.
Stoney Point	Eel	Mon	6:20 p.m.
Stoney Point	Eel	Tue	5 p.m.
Stoney Point	Eel	Tue	6:20 p.m.
Stoney Point	Eel	Wed	9:30 a.m.
Stoney Point	Eel	Thu	6:20 p.m.
Stoney Point	Eel	Sat	9 a.m.
Stoney Point	Eel	Sat	11 a.m.
Helen G Nassif	Ray	Tues/Thurs	6:30 p.m.
Helen G Nassif	Ray	Sat	9 a.m.
Marion	Ray	Mon/Wed	10 a.m.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

Marion	Ray	Mon/Wed	4:40 p.m.
Marion	Ray	Mon/Wed	5:20 p.m.
Marion	Ray	Mon/Wed	6 p.m.
Marion	Ray	Tue/Thu	10:35 a.m.
Marion	Ray	Tue/Thu	4 p.m.
Marion	Ray	Tue/Thu	5:20 p.m.
Marion	Ray	Sat	9 a.m.
Marion	Ray	Sat	10:20 a.m.
Stoney Point	Ray	Mon	10 a.m.
Stoney Point	Ray	Tue	5 p.m.
Stoney Point	Ray	Wed	10 a.m.
Stoney Point	Ray	Thu	6:30 p.m.
Stoney Point	Ray	Sat	11:40 a.m.
Helen G Nassif	Starfish	Tues/Thurs	6:30 p.m.
Helen G Nassif	Starfish	Sat	9:45 a.m.
Marion	Starfish	Mon/Wed	11:10 a.m.
Marion	Starfish	Mon/Wed	4 p.m.
Marion	Starfish	Mon/Wed	6 p.m.
Marion	Starfish	Tue/Thu	10:35 a.m.
Marion	Starfish	Tue/Thu	4:40 p.m.
Marion	Starfish	Tue/Thu	6:15 p.m.
Marion	Starfish	Sat	9:40 a.m.
Marion	Starfish	Sat	11 a.m.
Stoney Point	Starfish	Mon	10:30 a.m.
Stoney Point	Starfish	Tue	5:40 p.m.
Stoney Point	Starfish	Wed	10:30 a.m.
Stoney Point	Starfish	Thu	5:50 p.m.
Stoney Point	Starfish	Sat	11 a.m.

Stoney Point	Polliwog	Sat	9 a.m.
Stoney Point	Polliwog	Sat	10 a.m.
Helen G Nassif	Guppy	Tue/Thu	5 p.m.
Helen G Nassif	Guppy	Sat	9 a.m.
Helen G Nassif	Guppy	Sat	10 a.m.
Marion	Guppy	Mon/Wed	4 p.m.
Marion	Guppy	Mon/Wed	5 p.m.
Marion	Guppy	Mon/Wed	6 p.m.
Marion	Guppy	Tue/Thu	4 p.m.
Marion	Guppy	Tue/Thu	5 p.m.
Marion	Guppy	Sat	9 a.m.
Marion	Guppy	Sat	11 a.m.
Stoney Point	Guppy	Mon	5:10 p.m.
Stoney Point	Guppy	Tue	6:05 p.m.
Stoney Point	Guppy	Thu	5:15 p.m.
Stoney Point	Guppy	Sat	10 a.m.
Stoney Point	Guppy	Sat	11 a.m.
Helen G Nassif	Minnow	Tue/Thu	6 p.m.
Helen G Nassif	Minnow	Sat	10 a.m.
Marion	Minnow	Mon/Wed	5 p.m.
Marion	Minnow	Mon/Wed	6 p.m.
Marion	Minnow	Tue/Thu	4 p.m.
Marion	Minnow	Sat	9 a.m.
Marion	Minnow	Sat	11 a.m.
Stoney Point	Minnow	Tue	5:15 p.m.
Stoney Point	Minnow	Wed	6:05 p.m.
Stoney Point	Minnow	Thu	6:05 p.m.
Stoney Point	Minnow	Sat	9 a.m.
Stoney Point	Minnow	Sat	11 a.m.

School Age Six Week Sessions-45 Minute Classes

Note: Consistency of instructor assignments is not guaranteed.

Session 1: Starts week of Jan 2. Ends week ending Feb 11.

Session 2: Starts week of Feb 20. Ends week ending March 31.

Session 3: Starts week of Apr 9. Ends week ending May 19.

Cost: Member-\$32 one class/week \$64 two classes/week

Community Member-\$80 one class/week \$160 two classes/week

YMCA Site	Class	Day/s	Time
Helen G Nassif	Polliwog	Tue/Thu	5 p.m.
Helen G Nassif	Polliwog	Sat	9 a.m.
Marion	Polliwog	Mon/Wed	4 p.m.
Marion	Polliwog	Mon/Wed	6 p.m.
Marion	Polliwog	Tue/Thu	5 p.m.
Marion	Polliwog	Tue/Thu	6 p.m.
Marion	Polliwog	Sat	9 a.m.
Marion	Polliwog	Sat	10 a.m.
Stoney Point	Polliwog	Mon	6:05 p.m.
Stoney Point	Polliwog	Tue	5:15 p.m.
Stoney Point	Polliwog	Wed	5:11 p.m.

Helen G Nassif	Fish	Tue/Thu	6 p.m.
Helen G Nassif	Fish	Sat	11 a.m.
Marion	Fish	Mon/Wed	4 p.m.
Marion	Fish	Mon/Wed	5 p.m.
Marion	Fish	Tue/Thu	5 p.m.
Marion	Fish	Tue/Thu	6 p.m.
Marion	Fish	Sat	10 a.m.
Stoney Point	Fish	Tue	6:05 p.m.
Stoney Point	Fish	Thu	5 p.m.
Stoney Point	Fish	Sat	9 a.m.
Helen G Nassif	Flying Fish	Sat	11 a.m.
Marion	Flying Fish	Mon/Wed	4 p.m.
Marion	Flying Fish	Mon/Wed	5 p.m.
Marion	Flying Fish	Tue/Thu	6 p.m.
Marion	Flying Fish	Sat	10 a.m.
Stoney Point	Flying Fish	Thu	5:15 p.m.
Stoney Point	Flying Fish	Sat	10 a.m.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

Marion	Shark	Mon/Wed	6 p.m.
Marion	Shark	Tue/Thu	4 p.m.
Marion	Shark	Sat	11 a.m.
Stoney Point	Shark	Thu	6:05 p.m.
Stoney Point	Shark	Sat	11 a.m.

PRIVATE SWIM LESSONS (Members ONLY)

The YMCA offers private swim lessons to youth and adult members who desire one-on-one swimming instruction. This program is based on instructor availability. To sign up or to get more information for any of our branches, please contact the Aquatics Director at the branch of your choice.

Helen G Nassif YMCA	Paul Brown	366-6421
Marion YMCA	Becky Weaver	377-7361
Stoney Point YMCA	CJ Hoffman	390-3488

Cost: \$20 per thirty minutes

PERSONAL COMPETITIVE SWIM TRAINING

Competitive swim training designed to work on all aspects of the sport. From turns to starts to stroke technique this program offers it's participants the opportunity to work with some of the area's most accomplished competitive coaches. To sign up or to get more information contact the branch Aquatic Director. *

Helen G Nassif and Stoney Point YMCAs

Cost: Member - \$25/30 minutes

Community Member - \$30/30 minutes

*Training sessions of 30 min, 45 min or 1 hour available.

DEVELOPMENTAL SWIM TEAM

This program is designed for anyone between the ages of 6 and 12 that is finished with the regular progressive swim lesson classes but needs a little tune-up before trying competitive swimming. Grounded in the fundamentals of the sport, this program teaches and reinforces proper technique in each of the competitive strokes. Perfect for those who wish to learn about competitive swimming before joining a team.

Helen G Nassif YMCA

Days and Times: Mon/Wed 5-6 p.m.

Session: Runs concurrent with swim lesson sessions (pg 7)

Cost: Member - \$70 Community Member - \$170

COMPETITIVE STROKE CLINICS

(Continuing Stroke Development)

Clinics are designed to help swimmers improve their technique & endurance. They are NOT intended to be a replacement for swimming lessons. All four competitive strokes are worked on, along with starts & turns. Sessions run concurrent with regular YMCA swim lesson schedule, (Page 7 for information).

LEVEL 1: Must be able to swim at least one length of the pool using freestyle (front crawl) and backstroke and have a basic concept of the breaststroke.

Helen G Nassif Tue/Thu 5-5:45 p.m.

LEVEL 2: Must be able to swim two lengths of the pool using all four of the competitive strokes.

Helen G Nassif YMCA Tue/Thu 6-6:45 p.m.

Stoney Point YMCA (April session only) Tue/Thu 5:15-6 p.m.

LEVEL 3: Advanced swim team experience only. Proficiency and endurance in all four competitive strokes is a must.

Stoney Point YMCA (April session only) Tue/Thu 4:15-5 p.m.

LEVEL 4: Advanced level for middle & high school students only.

Stoney Point YMCA (April session only) Mon/Wed 5:15-6 p.m

Cost:	Member	Community Member
2 day per week - 30 min	\$48	\$114
2 day per week - 45 min	\$64	\$160

Marion YMCA

April Session Only (Level 2-4)

Mon/Wed 6:45-7:30 p.m.

or Tue/Thu 6:45-7:30 p.m.

Community Member-\$160

Cost: Member-\$64

COMPETITIVE SWIM CAMP

Designed to fill the gap between competitive swim seasons, this program is an excellent way to stay in shape while continuing to work on technical skills. Program is meant for competitive swimmers. (Not appropriate for the beginning swimmer.)

Helen G Nassif YMCA

Days and Times: Mon/Wed/Fri

LEVEL 1 5-6 p.m.

LEVEL 2 6-7 p.m.

LEVEL 3 6-7 p.m.

Session: 4.23.12-5.18.12

Register by: 4.22.12

Member - \$60 Community Member - \$90

NEW - SPLASH WEEK

Join the Marion YMCA as we celebrate National Boating Safety Week. Your child can enjoy a full week or just a day of leaning water safety, swimming skills, rescue skills and character development in the only way the Y knows how to do things...by having FUN!

Marion YMCA

Ages: 3 - 5 yrs, 4:15 p.m. - 4:45 p.m.

6-12 yrs, 5:00 p.m. - 5:45 p.m.

Days and Times: Mon - Fri

Session: 5.21.12 - 5.25.12

Register by: 5.19.12

Cost: Member Community Member

1 Day \$5 \$10

2 Days \$9 \$18

3 or More \$15 \$30

YMCA Programs help build a healthy body, mind and spirit for millions of people worldwide. We believe in and focus on the positive value and inherent potential of every individual.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

HOME SCHOOL LESSONS

Helen G Nassif YMCA Sign up for lessons and then call the instructor to set up your own half hour block either on Tuesdays or Thursdays from 7 – 9 a.m. Outstanding value for home school kids. Helps to promote physical fitness while teaching an important life skill as well. Call Jim Lockett at 363.8745 to schedule lesson day and time.*

Runs concurrent with swim lesson sessions (page 7)

Marion YMCA If interested, please contact Becky Weaver at the Marion YMCA, 377.7361, for pricing & details.

Stoney Point YMCA This program will provide swim lessons for all home school children ages 6-12 years. Session dates run with regular YMCA lesson schedule. Please refer to page 7 for session dates.

Half-hour youth level classes are available on Monday or Wednesday afternoons. Please call the Stoney Point Aquatics Director to arrange.

Cost: Member-\$24 for one class/wk \$48 for two classes/wk
Community Member-\$58 for one class/wk \$116 for two classes/wk

CAMP

YMCA CAMP WAPSIE

YMCA Camp Wapsie is the resident camp facility of the Cedar Rapids YMCA. Located about one half-hour north of Cedar Rapids, in rural Coggon next to the Wapsipinicon River. Our natural setting provides the perfect get away for summer camp programs, group retreats or business meetings in a relaxed atmosphere. We offer year round camping, retreat programs, day, resident and Family Camp programs. Our facilities include a large meeting and dining hall, additional meeting areas, overnight cabin accommodations, food service, outdoor recreation areas and much more. Registration information is available for any of these programs at 319.435.2577.

WINTER CAMP

Kids can enjoy a camp experience in the winter with a holiday theme plus many of the traditional camp activities, campfire, games and much more. If the weather permits we will enjoy winter activities including sledding. If you would like to receive a registration form with all the snowy details, please contact the camp office at (319) 435 – 2577 or visit our website www.crmetroymca.org.

Days: 12.28.11-12.30.11

Register by: 12.21.11

Cost: \$85

“EARN YOUR WAY TO CAMP” CANDY SALE

Are you interested in earning your way to Camp Wapsie? The 2012 camp candy sale begins Saturday, February 18, 2011. You will receive 90-cents credit for each \$2 box of World’s Finest mints, caramels, almond drops, crisp candy bars or almond candy bars sold.

This is a great opportunity for today’s youth to learn responsibility in today’s economy. Sales will be held at HGN, Marion and Stoney Point YMCAs. For more information such as days and times of sale call the camp office at 319.435.2577.

SPRING FLING

Join us to celebrate the start of another great season of fun at Wapsie! Spring Fling is open to boys and girls in first through 10th grades! Campers enjoy activities, meals, snacks, heated cabins and lodge, and are closely supervised. Celebrate spring with fun at camp. Kick up your heels and kick-off the start of the warmer weather activities ...the Wapsie way!

SPRING FLING, (con’t.)

Days: 3.31.12-4.01.12

Ages: 6-17 years old

Register by: 3.29.12

Cost: \$62

SUMMER RESIDENT CAMP

Camp Wapsie offers day and resident camp programs for school age children. Summer camp 2012 runs Sunday through Saturday, week long sessions June through August. Registration begins February 1st. Y Member registration begins in January. Learn about all the programs, dates and prices on our website www.crmetroymca.org

Want to know more about resident camp at YMCA Camp Wapsie?

Attend one of these information nights to learn more details.

1.24.12 Marion YMCA at 4:30 p.m.

1.25.12 Helen G Nassif YMCA at 5 p.m.

1.27.12 Stoney Point YMCA at 5:30 p.m.

1.30.12 Iowa City Library Room B at 5 p.m.

FAMILY TIME

HEALTHY KIDS DAY 20TH ANNIVERSARY

4.28.12

Stoney Point YMCA

The YMCA of the Cedar Rapids Metropolitan Area will be hosting Healthy Kids Day, a national YMCA event aimed at promoting positive, healthy activities for kids. We are planning a morning filled with fun activities and an afternoon of Open Swim. So mark your calendars for this annual Family Fun Day! Look for more information coming in March!

ADVENTURE GUIDES/PARENT/CHILD WEEKENDS

YMCA Adventure Guides, the focus is on the parent’s role as a guide in a child’s life. Adventure Guides is designed for a parent and their child in Alternative Kindergarten through 3rd grade. The Circle is the program’s basic group unit, providing a structure, a sense of community, and support for all group activities. Adventure Guides (parents) and Explorers (children) meet in their small Circles and participate in Nation Expedition adventures (e.g., overnight campouts at Camp Wapsie, Pinewood Derby Races, sporting events, etc.) once a month throughout the school year.

For more information on the Guide Program, please contact Carl Clore at (319) 294-9069, or by e-mail: cclore@gmail.com or YMCA Camp Wapsie at 435-2577 or by e-mail: enger@crmetroymca.org

BOOK FAIR LUAU

It’s a Reading Celebration Scholastic Book Fair – Books for Summer Reading Days and Times: May 14-May 18

9 a.m.-1 p.m. & 4-7 p.m.

All proceeds benefit Childwatch and Family Programs.

LUAU FAMILY NIGHT

Enjoy LIMBO, Swimming, Hawaiian crafts, games, snacks and book fair shopping

Days and Times: May 18

6 p.m.-8 p.m.

Cost: Members Free

Non-Members \$5.00 or \$15.00 Family

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

TRIM KIDS

Trim Kids is a 6-week program sponsored by Mercy Medical Center and the YMCA. Trim Kids is a nationally proven effort which helps youth lose weight and KEEP IT OFF. Parent/Guardians and siblings are required to attend the program as lifestyle changes require family involvement. The program offers strategies that really work to end power struggles over food and exercise. A 6-week YMCA membership is included if you are not currently a member.

Helen G Nassif YMCA

Ages: 6-18 year olds + family members

Day and Time: Sat 10 a.m. - 11:30 a.m.

Session: 1.14.12-2.25.12

Cost: \$25/family

Register: Contact the Mercy Center for Fit Families at 369-4602.

PARENTS' NIGHT OUT

Enjoy a night out while your child (age 4 - 12 years) has an evening of fun and games with qualified YMCA Staff! Each night includes pizza for dinner, games, crafts and a movie centered around the theme for the evening. Please dress your child(ren) in comfortable clothing and athletic shoes. Children are welcome to bring PJs and a sleeping bag if desired. Registration begins 2 weeks prior to date. **Prompt pick up is appreciated.**

Marion YMCA

Day and Time: 5:30 - 9:30 p.m. 3rd Saturday of each month

Register by: 4 p.m. Friday before the event

Cost: Member - \$10 first child \$7.50 add'l children

Community Member - \$20 first child \$15 add'l children

L.E.A.N. KIDS (Learn Exercise and Nutrition)

This format is for children participating in our SWEAT afterschool program. Parents will learn all about achieving a healthy lifestyle based on the four pillars of Dr. Sears' L.E.A.N. Programs. Community Members receive a family punch pass to participate at the Y. During the 6 week session, children are encouraged to attend SWEAT, our after-school non-competitive fitness class.

Marion YMCA

Ages: K-8th graders

Session: TBA Contact the Marion Y for more info.

Register by: Call 377.7361

Cost: Member-\$25/family

Community Member - \$50/family

Child care is available for children under age 5 free to members and \$3 per child for community members.

Last year, the Cedar Rapids YMCA contributed over \$1,000,000 of support to deserving individuals and families right here in our Community. Our Members make all this possible!

TAE KWON DO

Instructors are Kevin Koenighain (3rd Dan Black Belt), Brett Osborn (2nd Dan Black Belt) and Mark Andersland (2nd Dan Black Belt). Sessions run monthly.

Helen G Nassif and Stoney Point YMCAs

Ages: 5 and up

Register by: The 1st of each month

Days and Times - Helen G Nassif YMCA

Beginners Mon/Wed 6-6:45 p.m.

Advanced Mon/Wed 7:00-8:00 p.m.

Kids Class Sat 10:10-11:00 a.m.

Adult & Black Belt Sat 9-10 a.m.

Sparring/Training Sat 11:00 a.m.-12:15 p.m.

Days and Times - Stoney Point YMCA

Beginners Mon/Fri 6:30-7:30 p.m.

Intermediate/Advanced Mon/Fri 7-8 p.m.

Marion YMCA

Master Steve Griffin is a (6th Degree Black Belt), Austin Swanson (3rd Degree Black Belt and certified ACTA instructor) and assistant instructors include Serena Hanson, Robin Brunner and Christopher Ingram, all 2nd Dan Black Belts. Orientation to Tae Kwon Do will be held in February and May.

Days and Times:

Mini Tiger Thu 5:00-5:30 p.m.

White-Green belts Tue/Thu 6:30-7:30 p.m.

Blue and above belt Tue/Thu 7:30-8:30 p.m.

Open Class Sat 10:30-11:30 a.m.

Cost: Member - \$31

Community Member - \$92

Mini Tiger - \$11

AMERICAN KENPO

Class covers all aspects of American Kenpo Karate and is appropriate for ages 16 and up. This self-defense based martial art, taught by Josh Meredith, 3rd Degree Dan) applies rules and principles of motion in a system of forms, set and techniques. Class teaches confidence, flexibility, conditioning and health. Session dates run monthly and payment is due by the 1st of the month.

Stoney Point YMCA

Days and Times: Tue 7:30 p.m.-8:30 p.m.

Thu 7:30 p.m.-8:30 p.m.

Sat 10:30 a.m.-11:30 a.m.

Cost: Member - \$31

Community Member -punch card only

TRAILMATES Trailblazers/Trailmates

The Trailblazer program is similar to the Adventure Guide programs although the activities and outings are geared for older children. For parents with children in 4th through 7th grade the opportunity continues with more advanced, independent activities in the Trailblazers/Trailmates Program. It is a great opportunity to discover new activities and experience together, (e.g., overnight campouts at Camp Wapsie, sporting events, horseback riding, parent/child night outs, etc.) once a month throughout the school year. For more information contact YMCA Camp Wapsie 435-2577 or by e-mail: enger@crmetroymca.org

SCHEDULES ONLINE!
www.crmetroymca.org

HEALTHY LIVING

Improving your personal and family health to feel better overall

MOTHER DAUGHTER WEEKEND

May 18-20

Mothers and Daughters can enjoy camp together. This weekend is a great opportunity to spend special time together with plenty to do - with archery, entertaining campfires, canoeing and climbing the Hope Tango Tower and most importantly time together! You might enjoy some quiet time, working on a craft project, taking a hike through Camp Wapsie and making some new friends! The program will begin in the evening of Friday May 18 and runs through lunch Sunday, May 20, 2012. To receive a registration form, please contact the camp office.

FAMILY CAMP WEEKENDS

Did you know that Wapsie offers family camp programs on Memorial and Labor Day weekends? It's a great way to enjoy a family getaway at Wapsie. We provide cooking and lodging so the whole family can enjoy camp Wapsie traditions as well as special family activities. Pick up a camp brochure for registration info or contact camp for more information and to check availability.

HEALTH, WELL-BEING AND FITNESS

MASSAGE THERAPY

Meg Carlson at the Helen G Nassif YMCA is a licensed massage therapist with a degree in massage therapy from Carlson College. Call her at 310.8213 to schedule an appointment.

Helen G Nassif YMCA

Cost:

	Member	Community Member
1/2 hr	\$35	\$40
1 hour	\$60	\$65

S.W.E.A.T AFTER SCHOOL ACTIVITY

This non-competitive class (Skip rope, Walk, Elliptical, ActivTrax, Total transformation) has a variety of activities just for kids to learn the basics of getting fit and having fun doing it!

Marion YMCA

Ages: K-8th graders

Day and Time: TBD, information forthcoming this Spring. Please contact the Marion branch with questions.

Cost: Member - \$20 Community Member - \$40

LEAN Kids participants - FREE

ADVENTURE GUIDES PARENT/CHILD WEEKENDS

YMCA Adventure Guides, the focus is on the parent's role as a guide in a child's life. Adventure Guides is designed for a parent and their child in Alternative Kindergarten through 3rd grade. The Circle is the program's basic group unit, providing a structure, a sense of community, and support for all group activities. Adventure Guides (parents) and Explorers (children) meet in their small Circles and participate in Nation Expedition adventures (e.g., overnight campouts at Camp Wapsie, Pinewood Derby Races, sporting events, etc.) once a month throughout the school year. For more information on the Guide Program, please contact Carl Clore at (319) 294-9069, or by e-mail: cclore@gmail.com or YMCA Camp Wapsie at 435-2577 or by e-mail: enger@crmetroymca.org

AEROBICS CLASSES

We also have more than 150 land and water aerobic and wellness classes available. Class schedules are updated each month. Classes are FREE to members. Community Members can buy a punch card to attend classes. Punch cards can be used for both land and water classes. Fitness classes run on a monthly basis and schedules change on the 1st of each month.

AEROBICS CLASSES , (con't)

Cost:	Member	FREE
Community Member	\$60 for 10 class punchcard	\$110 for 20 class punchcard

CYCLING REGISTRATIONS

Want to be sure to get that space in class? You can reserve your spot in any Cedar Rapids Metro YMCA cycling class up to ONE WEEK in advance. Otherwise, reserve your spot up to 30 minutes before class at any Welcome Center for FREE.

Cost: \$2/reservation in advance

PERSONAL TRAINING

If you have reached a plateau or are looking for specific fitness training, or just want a one on one boost to get in shape, then work with a nationally certified personal trainer.

Cost:	Member	Community Member
1-5 sessions	\$45/session	\$55/session
6-10 sessions	\$40/session	\$50/session
11+ sessions	\$35/session	\$45/session

Contact Wendy DenBeste at 366.6421 for more information.

PARTNER PERSONAL TRAINING

Share the session with a friend with similar goals.

Cost: Member - \$80 per couple/session.
Community Member - \$100 per couple/session.

CYCLING PERSONAL TRAINING

Improve pedaling technique, efficient pedaling, energy conservation, climbing hills, descending hills, riding in traffic, riding faster, and touring are all important skills you can learn with a certified cycling instructor.

Cost: Member - \$45/session
Community Member - \$55/session

*Multiple Sessions available - same as Personal Training Packages

YOGA/PILATES PERSONAL TRAINING

If you have always wanted to learn Yoga or Pilates or would like to take yourself to the next level then this is for you. Learn to relax, build endurance and sculpt a leaner body with the help of a certified Yoga/Pilates instructor.

Cost: Member - \$45/session
Community Member - \$55/session

*Multiple Sessions available - same as Personal Training Packages

RACQUETBALL TRAINING

A step beyond the introductory lesson, these one-on-one sessions focus on shots, conditioning and strategy. Contact Johnny Reimers at 319.366.6421 to get started.

Cost: Member - \$45/session
Community Member - \$55/session

**Multiple Sessions available - same as Personal Training Packages

REGISTER ONLINE at
www.crmetroymca.org
OR...To register for any
program, pick up a registration form
at any YMCA branch.

HEALTHY LIVING

Improving your personal and family health for well-being.

ACTIVTRAX CUSTOMIZED FITNESS

ActivTrax is a revolutionary web-based virtual trainer program that takes the guesswork out of your workout. AND it's FREE to our members. Get a personal workout based on your level of ability. Workouts can then be accessed from your home/work computer OR use our free-standing kiosks in the buildings to print out your workout for the day. When finished, kids and adults alike can put in what they just did to keep track of how they are working toward those personal goals. AND, another great aspect of the ActivTrax program is the nutrition component. If you take some time to enter your personal information, it provides a weekly meal plan and even a grocery list for recipes that help you work toward eating better. Struggling with weight? ActivTrax can give you nutritional guidance by recording calories in and calories out.

WELLNESS CENTER FITNESS EQUIPMENT ORIENTATION

Learn the proper use of the selectorized weight machines in the Fitness Center. Sign up at the Welcome Desk for orientations.

Cost: Members Only - FREE

YOUTH PERSONAL WELLNESS

Youth must sign up for a one hour introduction to strength training orientation. In this orientation they will learn etiquette and fitness concepts including rules, and includes an introduction to the ActivTrax customized workout program. All 10-12 years must take this orientation with their parents. After completing the orientation they can workout with their parents (required)! 13-14 year olds need only to sign up for the regular orientation. Younger than 10 are not allowed in the fitness center.

WILDERNESS FIRST AID

Attention Outdoor Enthusiasts'. If you are planning a weekend getaway this summer, are you properly trained for the "what ifs" on the trail? YMCA Camp Wapsie is teaming up with the American Red Cross to offer and host a course that prepares you for anything. Contact YMCA Camp Wapsie for further information, registration, prices and dates. We are confirming details for a late May or Early June class.

LIFEGUARD TRAINING

This class is designed for those 15 years old and above that want to become life guards. Lifeguarding books and CPR pocket masks are required and are included in the cost of the class. Successful completion of course will earn participants a 3-year Lifeguard and First Aid certification and a 2-year CPR for the professional rescuer/AED certification. Each participant must pass a swimming test (300 swim followed by a timed brick retrieval) at the beginning of the course in order to continue with the training. Registration fees are not refundable if swimming test is not successfully completed.

Helen G Nassif YMCA-Full course only

Register by: 3.31.12
Days and Time: 3.31.12 noon-6 p.m.
4.1.12 noon-5 p.m.
4.2.12-4.6.12 6p.m.-10 p.m.

Schedule may be amended to better meet instructor and participant needs.

Stoney Point YMCA

Register by: Session 1-3.23.12
Session 2-5.15.12

Session, Days and Time:

Session 1	3.26.12-3.28.12	8 a.m. - 8 p.m.
Session 2	5.18.12	4-9 p.m.
	5.20.12-5.21.12	8 a.m.-9 p.m.

Marion YMCA

Register by: 1-2.13.12
2-5.01.12

Session, Days and Time:

Session 1	2.15.12	6 p.m.-8 p.m.
	2.16.12	5 p.m.-9 p.m.
	2.18.12-2.19.12	8 a.m.-9 p.m.
Session 2	5.03.12	6 p.m.-8 p.m.
	5.04.12	5 p.m.-9 p.m.
	5.05.12-5.06.12	8 a.m.-9 p.m.

Cost: Full Re-cert CPR-Pro
Member \$140 \$70 \$30
Community Member \$175 \$110 \$45

RED CROSS WATER SAFETY INSTRUCTOR

The American Red Cross Water Safety Instructor Course provides candidates the training needed to teach Red Cross Swimming and Water Safety courses by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress. Prerequisite skill testing is done the first day of class. Candidates who do not complete the prerequisite skill tests to the instructor's satisfaction will not be eligible to participate in the course. Registration fees are not refundable if swimming test is not successfully completed.

- Candidates must possess a current Fundamentals of Instructor Training (FIT) certificate. (FIT is often included in WSI training. Check with the facility manager prior to registration.)
- Candidates must be of mature and dependable character.
- Successfully demonstrate swimming the following strokes: Front Crawl (25 yards), Backstroke (25 yards), Breaststroke (25 yards), Sidestroke (25 yards), Butterfly (demonstrate)
- Water Safety Instructor candidates must attend every session at the times listed by the facility. Attendance in the course does not guarantee Water Safety Instructor certification. Candidates must pass written and practical exams.

Stoney Point YMCA:

Ages: 16 and older

Days and Times: Wed-Fri 4:30 p.m.-8:30 p.m.
Sat/Sun 8am-6pm

Session 2 Days and Times: Thu-Sat 8am-7pm

Session 1: 2.15.12-2.19.12 Session 2: 3.29.12-3.31.11

Register by: 1-2.12.11 2-3.26.12

Cost: Member-\$130 Community Member-\$160

RED CROSS LIFEGUARDING INSTRUCTOR COURSE

This course is for currently certified lifeguards that are at least 17 years of age and must complete Fundamentals of Instructor Training prior to the course. Candidates will learn to teach basic-level Lifeguarding, Waterfront Lifeguarding, Waterpark Lifeguarding and Shallow Water Attendant (all including first aid), Lifeguard Management, CPR/AED for the Professional Rescuer, Administering Emergency Oxygen, Bloodborne Pathogens Training: Preventing Disease Transmission and Basic Water Rescue courses. Instructor candidates also will become familiar with GuardStart: Lifeguarding Tomorrow and the Water Safety presentations. Candidates must also pass a pre-course lifeguard challenge.

Helen G Nassif YMCA

Session: 3.23.12-3.25.12

Time: 9 a.m.-7 p.m.

Register by: 3.15.12

Cost: Member/YMCA Professionals-\$225
Community Member-\$300

HEALTHY LIVING

Improving your personal and family health for well-being.

WATER EXERCISE CLASSES

Cost: Member FREE
Community Member \$60 for 10 class punchcard
\$110 for 20 class punchcard

Low Intensity Water Exercise

Increase your muscle tone, flexibility, and range of motion. This is an excellent workout for those who need to exercise slowly and gently. It is also perfect for cardiac-rehabilitation patients, arthritis sufferers, and those recovering from surgery.

High Intensity Water Exercise

This is a cardiovascular and resistance workout. It includes warm-up, muscle toning, and abdominal work. This is a total-body workout!

Aqua Madness

High intensity style class with shallow and deep water elements to give you a great workout.

Deep Water Exercise

Get a total body workout with high resistance & zero impact!

Arthritis Water Exercise

This class is designed to help arthritis sufferers keep joints flexible, muscles strong, & reduce pain. This class is taught by a certified instructor thru the Arthritis Foundation.

Please see the monthly Aerobics Schedule for days and times of these water exercise classes. Schedules are updated the 1st of each month. (class times are subject to change)

TEEN AND ADULT SWIM LESSONS

Six Week Sessions

Note: Consistency of instructor assignments is not guaranteed.

Session 1: Starts week of Jan 2. Ends week ending Feb 11.

Session 2: Starts week of Feb 20. Ends week ending Apr 1.

Session 3: Starts week of Apr 10. Ends week ending May 20.

Helen G Nassif	Teen/Adult	Sat	8 a.m.
Marion	Teen/Adult	Tue/Thu	9:15 a.m.
Marion	Teen/Adult	Sat	11:45 a.m.
Stoney Point	Teen/Adult	Mon	5:15 p.m.
Stoney Point	Teen/Adult	Wed	5:15 p.m.

Helen G Nassif YMCA

Classes are one hour in length and can be for Beginner or Intermediate swimmers.

Cost: Member-\$40 Community Member-\$102

WHY THE Y...

The YMCA is about people and relationships. We believe in the potential of every individual to reach their highest level of well-being and success.

The Y is more than just a gym. It's a place where smiles are commonplace, where people engage with each other, care about each other and the good of our community.

Come see how it feels at the Y!

Marion and Stoney Point YMCA

Cost: Member-\$32 for one class/wk \$64 for two classes/wk
Community Member-\$80 for one class/wk \$160 for two classes/wk

SWIM TECHNIQUE FOR TRIATHLETES

Class is designed for novice triathletes and those interested in learning some training ideas for the swimming portion of your triathlon. Enrollees should be able to complete multiple swimming laps without trouble or stopping. This class is NOT designed for beginning swimmers or non-swimmers.

Helen G Nassif YMCA

Day and Time: Sat 8-9 a.m.
Session 1: 1.02.12-2.11.12
Session 2: 2.25.12-3.31.12
Session 3: 4.14.12-5.19.12
Cost: Member - \$40 Community Member - \$102

Stoney Point YMCA

Day and Time: Mon/Wed 5:15-6 p.m.
Session 1: 1.02.12-2.11.12
Session 2: 2.20.12-3.31.12
Session 3: 4.09.12-5.19.12
Cost: Member - \$64 Community Member - \$160

COMMUNITY SWIM

Marion and Stoney Point YMCAs

Enjoy the pool together, members and Community Members alike on Friday nights at the Marion and Stoney Point YMCAs. Adults MUST accompany children in the pool. See monthly pool schedule for times. (Can be found online at crmetroymca.org.)

Cost: \$3.00 Kids
\$4.00 Adults

SPORTS AND RECREATION

ADULT BASKETBALL

Player must be 19 or older to play. Players call their own fouls. There are 10 games in each session.

Marion YMCA

Day & Type: Wed Open League
Seasons: 3.07.12-5.09.12 & 5.23.12-8.01.12
Register by: 2.22.12 5.09.12

Stoney Point YMCA

Day & Type: Sun 35 and Over
Season: 3.04.12-5.13.12
Register by: 2.20.12

Helen G Nassif and Stoney Point YMCA

Day & Type: Tue Open League
Seasons: 13.06.12-5.08.12 & 5.22.12-7.31.12
Register By: 2.21.12 5.08.12
Cost: \$200/Team

ROOKIE RUNNERS

Learn new skills and enjoy training in a group for a 5K run, Marion Arts Festival held on 5.19.12. Class is great for adult beginner, fitness buffs, experienced runners or anyone who wants to train for the race.

Marion YMCA

Days and Time: Mon and Wed 6 a.m.
Season: 4.02.12 - 5.16.12
Register By: 4.04.12
Cost: Member-\$15 Community Member-\$30

HEALTHY LIVING

Improving your personal and family health for well-being.

HANDBALL/RACQUETBALL COURTS

Helen G Nassif YMCA

Same-day phone in & walk-in court reservations will be taken starting at 5 a.m., Monday through Friday, 7 a.m. on Saturday & Noon on Sunday. Only YMCA members age 18 and up may make reservations. The YMCA member who reserves the court MUST be playing on the reserved court. Call 366-6421 to make your reservation.

For introductory lessons covering rules, play, serving and safety, contact 366.6421 to schedule. Must be a member.

Cost:

\$15.00

ADULT VOLLEYBALL

Register now for YMCA Co-Ed Volleyball. The YMCA offers three divisions – AA, A and B – with AA being the most competitive. (Max 8 person teams unless otherwise specified; at least 3 women and 3 men)

Sunday League

Divisions: A & B

Location: Helen G Nassif

Monday League

Divisions: AA, A & B

Location: Helen G Nassif and/or Stoney Point

Wednesday League

Divisions: AA, A & B

Location: Helen G Nassif and/or Stoney Point

Thursday League

Divisions: Power, 4-on-4

Location: Helen G Nassif and/or Stoney Point

Season 2: 12.11.11 – 2.02.12

Season 3: 2.06.12-3.29.12*

Register By: Season 2 – 11.21.12

Season 3 – 1.23.12

Cost: \$175/Team 4 on 4 – \$125/Team

*Sunday dates: 2.19.12 – 4.15.12

GROUP INTERESTS

RETREATS, OUTDOOR EDUCATION & TEAM BUILDING at CAMP WAPSIE

Looking for the perfect setting for your next school outing, office or church retreat? With 172 acres of scenic woodlands and wetlands with an oxbow lake off the Wapsipinicon River and convenient location outside Cedar Rapids, YMCA Camp Wapsie is a great place for an unforgettable experience. Our picturesque outdoor setting, winterized lodges and cabins make us an ideal retreat facility for classrooms, teams, companies, organizations or groups throughout the year. YMCA Camp Wapsie's facility can host day and overnight programming for recreation, education, planning, and fun! Utilizing the Hope Tango Tower, our facility also hosts a number of team building and leadership development opportunities for almost any group. We can help program for your group.

Contact camp today to request more information and let our staff help plan your next meaningful group experience. 319.435.2577 or camp@crmetroymca.org

SCHOLASTIC BOOK FAIR

Shop our scholastic book fair and pick up some great books for that summer reading program. All proceeds benefit YMCA Family Fun Nights.

Where: Helen G Nassif YMCA lobby

Days: 5.14.12-5.18.12

BRETT HENDERSON MEMORIAL SWIM RELAYS

Join the Stoney Point YMCA Stingray swim team as we raise money to provide financial assistance for Cedar Rapids area youth and their families. Assisting families who want to join the Y, learn to swim, and play other sports in an effort to establish a healthy lifestyle was something Brett Henderson was an advocate for and proceeds from this event will be donated in his honor. Brett was a key parent volunteer for the Stoney Point YMCA's swim team. Grab an brochure with meet entry form at any branch.

Ages: This Relay Invitational is open to all, so grab some friends and put together your relay teams

Day and Time: 2.18.11

Warm-ups at 11:00 am with meet start at 12:00 pm

Register by: 2.3.11

REGISTER ONLINE at
www.crmetroymca.org
OR...To register for any
HEALTHY LIVING program, pick up a
registration form at any YMCA branch.

CEDAR RAPIDS METRO YMCA

The Y makes it possible.

Helen G Nassif YMCA

207 7th Ave SE
Cedar Rapids, IA 52401
p: 319.366.6421
f: 1.866.363.3681

Marion YMCA

3100 10th Ave
Marion, IA 52302
p: 319.377.7361
f: 1.866.390.9176

Stoney Point YMCA

300 Stoney Point Rd SW
Cedar Rapids, IA 52404
p: 319.390.3488
f: 1.866.390.9142

YMCA Camp Wapsie

2174 Wapsie Y Rd
Coggon, IA 52218
p: 319.435.2577
f: 1.866.390.8490

**Marion Independent
Fitness Center**

675 S 15th St
Marion, IA 52302
p: 319-730-0070

Follow us on Twitter: [crmetroymca](#)

[crmetroymca.org](#)

'Like' us on facebook: Cedar Rapids/Marion Area YMCA

YMCA Mission: to put Christian principles into practice through programs that build healthy spirit, mind and body for all.